

Healthy Veggies Recipes and Ideas for Use

ALL GARDEN VEGETABLES SHOULD BE WASHED BEFORE USING. THESE ITEMS WERE GROWN LOCALLY, PICKED FRESH AND DONATED FOR YOUR USE. PLEASE DON'T WASTE THEM! THEY ARE HEALTHY VEGETABLES!



THE RECIPES FOUND HERE ARE FROM A VARIETY OF SOURCES, FROM LOCAL FARMERS TO POPULAR COOKING SHOWS.

WE HOPE THAT YOU ENJOY THEM AND MAKE THEM PART OF YOUR FOOD PREPARATION PLANNING!



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Note: the recipes can be altered to fit your taste and dietary needs. You can substitute veggies and herbs – have fun experimenting and enjoy!

Time to start cooking!



Appetizers

Tomato Salsa -

- 6 ripe tomatoes
- ½ red onions
- 2 jalapeno or other hot peppers (clean out seeds and pith)
- 1/3 cup fresh cilantro
- 1T lime juice
- Salt/pepper to taste



Dice the tomatoes, onion and peppers, then combine in bowl
Chop the cilantro, add to bowl and gently stir together
Season with lime, salt and pepper to taste.

Stuffed Cherry Tomatoes -

Cherry tomatoes - Cut $\frac{3}{4}$ of way across (not down from stem) of each tomato

Cheese stuffing:

8 oz. block of cream cheese (set out to room temperature)

$\frac{1}{4}$ C mayonnaise

3 T sour cream or plain yogurt

$\frac{1}{4}$ teaspoon each of Worcestershire sauce; Oregano; Dry mustard; Basil; and Thyme

Splash of hot sauce (to your taste)

Salt/pepper to taste

Mix the ingredients for the cheese stuffing in a bowl, put into a piping bag or baggie with the corner cut off

Hold tomato open with one hand and pipe the cheese into each cherry tomato



Bread

Swiss Chard Bread (May be call it Rainbow Bread for those who think they don't like chard!)

- 1 1/2 cups flour
- 3 eggs
- 2 teaspoons baking powder
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1/4 teaspoon pepper
- 1-2 cups thinly slice chard leaves
- 3/4 cup shredded cheese*
*something sharp Gruyere, or cheddar
- 2 Tablespoons finely chopped chard stems
- 1/2 cup pitted chopped Kalamata olive (optional)
- 1/3 cup chopped onion ~
- 1/4 cup chopped fresh basil



Heat oven to 350

Spray a loaf pan with cooking spray.

Whisk flour, baking powder, salt and pepper in a large bowl.

Whisk eggs, milk, and oil in medium bowl until blended.

Add to flour mixture, whisk until dry ingredients are moistened. Stir in all remaining ingredients, spoon into pan.

Bake 40-50 minutes until golden brown and toothpick inserted comes out clean. Cool in pan for 10 minutes before removing.

Soups



Here are some tips to make delicious and nutritious soups:

1. **Simmer instead of boiling.** A gentle simmer will guarantee firm not mushy vegetables and tender instead of tough meats.
2. **Turn up the flavor of store bought broth.** Enrich the flavors of canned broth by adding fresh herbs and seasonings. Simmer the broth with extra meats and bones. Strain bones from broth before adding the remaining soup ingredients.
3. **Add a Parmesan rind to soup stock.** Once your cheese is beyond shredding, save the ends of Parmesan cheese to enrich the flavor of your soup. Simmering Parmesan rinds in your soup adds a nutty layer flavor that can't be beat.
4. **Thicken soup with stale bread, legumes or mashed potatoes.** Soup can be thickened with stale bread, smashed beans, such as white beans, cannellini beans or mashed potatoes. You can avoid the heavy cream but get a similar texture using this method.
5. **Rinse canned beans.** To reduce the salt content of your soups be sure to rinse canned beans under cold running water.
6. **Use the entire vegetable.** Don't waste stems and tops of vegetables such as broccoli, chard, kale and leeks. Add these items to your soup. The simmering process will tenderize the stems and adds extra fiber to the soup.
7. **Cook pasta and rice separately.** Pasta can quickly turn to mush when cooked directly in the soup. For a more pleasing texture, cook pasta and rice in a separate pot and add to each serving bowl as needed.
8. **Add fresh herbs and spices at the end.** As a rule dried herbs should be added to the soup early giving the leaves time to rehydrate, adding flavor to your soup. Fresh herbs should be added at the end of the cooking time to avoid flavor loss.
9. **Taste and see.** If your soup is lacking in flavor try adding a squirt of lemon or lime juice or vinegar. Acid will brighten the flavor of your soups. Still not to your liking? Add a pinch of salt. Want to add a bit of umami? Add a splash of Miso, soy sauce, fish sauce, anchovy paste, or Worcestershire to your soup.
10. **Top It.** Add interest, texture and flavor by topping off your bowl of soup



Vegetable Soup

- 1 teaspoon vegetable oil
- ½ cup chopped onion 1 clove garlic, chopped
- 29 ounces reduced-salt chicken broth 32 ounces tomatoes
- 1/3 cup alphabet pasta
- ½ cup parsley
- 2 cups chopped broccoli 2 cups carrots
- 2 cups sliced celery
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)



Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook until the onion is soft, about 2 minutes, stirring occasionally. Add chicken broth, tomatoes, pasta, and parsley to the saucepan. Bring the liquid to a boil, reduce heat and simmer for 10 minutes. Add broccoli, carrots and celery to soup; cook 10 minutes. Add salt and pepper to taste. Ladle soup into serving bowls and sprinkle with Parmesan cheese. Makes 15 (2/3 cup) servings. *Per Serving: 50 calories; 1gm fat; 3gm protein; 194 mg sodium.*

Beet Soup (Borscht)

Peel and cut below veggies into ½ inch pieces:

- 1T oil
- 1 large carrot
- 1 large onion
- 6 medium potatoes
- 4 garlic cloves
- 4 medium to large beets (scrubbed and peeled)
- 1 C tomato sauce
- ½ medium cabbage – shredded
- 9 cups broth (vegetable/beef) or can use water Salt/pepper to taste



Roast cut beets on baking sheet coated with oil (425 degrees for 40-45 minutes) – set aside to cool in a large pot, on medium heat, brown onions and garlic. Stir in ½ of the tomato sauce
Add in carrot and potatoes and sauté for about 15 minutes. Stir frequently Add in rest of the tomato sauce and cabbage – cook about 5 minutes more Add in the broth/water. Add in the beets
Can mash the veggie or puree the soup in a blender. Can serve hot or cold

Butternut Squash Apple Soup

- 1 onion - minced
- 1 large carrot – chopped or shredded
- 1 butternut squash – medium – Peeled, then chopped into ½ inch pieces
- 3 tart apples (e.g. Granny Smith) – peeled, cored and sliced thinly
- 1 can (28 oz) chicken or vegetable broth or stock (low sodium if you have it) 1 C milk – skim if you have it.
- 1 C shredded zucchini (optional)



Combine onion, carrot and some butter in saucepan and sauté. Chop and microwave squash for approx. 10 minutes. Add apples and squash to onion and carrots in saucepan and sauté till soft. Add rest of the ingredients and cook until heated. Puree in blender or use an immersion blender to make into a smooth consistency.

Corn-Bean Soup

- 4 T butter
- 1 onion – peeled and chopped
- 2 large carrots - peeled and chopped
- 3 ¾ C milk – preferably skim
- 2 potatoes
- 2 cups corn – can use a mix of creamed and whole
- 3 cups beans – such as cannellini
- Parsley; thyme, salt, pepper

Heat butter in saucepan. Add onions and carrots and sauté till softened. Add rest of ingredients and simmer.



Pasta e Fagioli Soup

- 1 T extra virgin olive oil/canola oil or butter
- 3 celery stalks – diced
- 1 small onion – peeled and chopped
- 2 large carrots - peeled and chopped
- 2 cloves garlic – minced
- can (28 oz) chicken or vegetable broth or stock (low sodium if you have it)
- can (28 oz) diced tomatoes – or use about 3 fresh tomatoes diced
- Cups small pasta (such as ditalini, small bow-ties, etc)
- 1 can (15.5 oz) cannellini beans – rinsed and drained
- Oregano – appx 1 teaspoon
- salt, pepper



Heat the oil or butter in a saucepan. Add celery, carrots, onions and garlic, season with salt and pepper. Cook stirring occasionally until veggies are soft (appx. 10 minutes) Add oregano, tomatoes and broth/stock. Increase heat and simmer until liquid thickens – appx 5 minutes Add pasta and cook until it's tender – appx. 10 minute. Add beans and cook until all is warmed through – appx. 3 minutes. Soup can be served sprinkled with grated cheese on top.

Easy Gazpacho Soup (This is a nice cold soup - refreshing on a hot summer day!)

- 1 large tomato – chopped
- Medium cucumber – peeled, halved lengthwise and take out seeds 1 medium onion – chopped
- large roasted pepper (to roast - core and cut into ½ inch pieces, put on oiled cookie sheet in 350 degree oven for appx. 25-30 minutes)
- large garlic cloves, peeled and minced
- ½ C chopped cilantro
- 2 T red wine vinegar
- 1 T olive oil
- 3 Cups tomato or V8 juice (divided into 1 C and 2 Cups)
- Salt/pepper/hot sauce to taste



In blender, place tomato, cucumber, onion, bell pepper, garlic, cilantro, vinegar and oil. Add 1 C tomato juice and puree to desired degree of smoothness. Add remaining 2 C of tomato juice and blend in. Taste – add salt/pepper and hot sauce to your liking.

Main Courses

Veggie Burritos

- 1/2 cup shredded carrots (kids can shred)
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 oz. shredded low-fat Cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 tsp. chili powder
- 4 (7 inch) flour tortillas
- 1 cup lettuce (kids can tear into bite-size chunks)



Combine all ingredients in tortillas. Kids can spoon 1/2 cup mixture in center of each tortilla, add 1/4 cup lettuce, and wrap, folding bottom of tortilla up first, then each side.

Pasta tossed with Cherry Tomatoes -

- Cherry tomatoes – cut into quarters
- 1 lb. pasta – cooked
- 4 cloves garlic – minced
- 3 T chopped fresh basil
- Shredded cheese of your choice (parmesan, reggiano, etc.)



Toss the tomatoes, garlic and basil with the hot pasta. Top with cheese and serve.

Roasted Spaghetti Squash

Heat oven to 425, Drizzle 1 halved, seeded spaghetti squash with 1 tablespoon olive oil. Roast until tender, about 40 minutes.

Once cool, scrape flesh with a fork and toss with 3 tablespoons olive oil, 3 tablespoons lemon juice, 1/4 cup chopped parsley, and 1 tablespoon grated Parmesan. Season dish with salt and red pepper flakes.



Squash Gratin *

*You can sub more butternut, Hubbard, or zapalo squash for kabocha

- 3 tablespoons unsalted butter
- 1 medium onion, chopped
- 1 tablespoon chopped fresh thyme
- small butternut squash, peeled and cut into 1/2-inch cubes
- 1 small kabocha squash, peeled and cut into 1/2-inch cubes
- 2 cloves garlic, minced
- 1/4 teaspoon ground mace
- Kosher salt and freshly ground pepper
- 1 cup low-sodium chicken or vegetable broth
- 1/2 cup heavy cream
- 1/4 cup breadcrumbs
- 2 tablespoons grated parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1/2 cup grated gruyere cheese (about 2 ounces)



Preheat oven to 400.

Melt 2 tablespoons butter in a large ovenproof skillet over medium-high heat. Add the onion and thyme and cook, stirring, until the onion softens, about 5 minutes. Meanwhile, combine the butternut and kabocha squash in a large microwave-safe bowl with 1 cup water. Cover with plastic wrap and microwave until the squash is just tender, about 5 minutes. Drain and add the squash to the skillet along with the garlic, mace, 1 teaspoon salt and a few grinds of pepper. Cook squash, stirring frequently for about 3 minutes.

Add the broth and cook until it is mostly absorbed, about 5 more minutes. Stir in the heavy cream and cook until slightly thickened, 2 minutes.

Melt the remaining 1 tablespoon butter in the microwave and toss with the breadcrumbs, parmesan and parsley; season with salt and pepper. Sprinkle over the squash" then top with the gruyere. Transfer the skillet to the oven and bake until golden, about 30 minutes. Let rest 5 minutes before serving

Squash Casserole

- 2 T butter or olive oil for sautéing
- 2 medium green squash/zucchini – chopped into bite size pieces (seeds removed)
- 2 medium yellow squash – chopped into bite size pieces (seeds removed)
- Med onion or shallots– chopped into small pieces
- 2 garlic cloves - chopped
- ½ C cream
- 1 C bread crumbs (panko if available) Divide into two 1/2 cup amounts
- ½ C grated parmesan cheese (or your favorite cheese) Divide into two ¼ cup amounts (this is optional)
- Salt / pepper

Preheat oven to 450

In large skillet, heat butter or oil, and then add chopped squashes, onion/shallots and garlic. Cook until squash is tender – about 4-6 minutes. Add cream and cook till thickens

Take off heat and add ½ C of the bread crumbs and ¼ C of the cheese
Spoon mixture into casserole/baking dish, sprinkle top with the remaining bread crumbs and cheese Season with salt/pepper
Bake until top is golden – about 8-10 minutes.



Swiss chard Potato Frittata

- 1 1/2 cups diced COOKED potatoes
- 1 large onion, chopped
- 4 cups coarsely chopped Swiss chard
- 6 large eggs
- 1/2 cup shredded low-fat cheese Salt/Pepper



Heat an 8- to 10-inch ovenproof skillet coated with cooking spray over medium-high heat. Sauté onions until browned, about 8 to 10 minutes; set aside. In same skillet, sauté potatoes until golden brown, about 8 to 10 minutes; set aside. Add Swiss chard to skillet over medium heat, and cook about 6 to 8 minutes. Add cooking spray as needed.

In a medium bowl whisk eggs, salt, and pepper until frothy. Mix in onions, potatoes, and Swiss chard

Heat skillet with cooking spray over medium-high heat and pour egg mixture into pan. Cook covered 3 to 5 minutes or until set.

Spread cheese on frittata. Broil 3 to 5 minutes until browned

Harvest Whole Wheat Pasta with Escarole and Butternut Squash

- 1lb Fusilli Wheat Pasta prepared per box directions. (can sub regular pasta)
- 1 medium Butternut squash, peeled, seeded, and chopped into 3/4 inch dice
- 1 small onion peeled, chopped into 1/2 inch dice
- 1 tablespoon olive oil
- 1 15 oz package of Escarole or Spinach or Swiss Chard
- 1 4 oz package of Pancetta cubed (can substitute prosciutto or bacon)
- 1 clove of garlic minced
- 1/2 cup dry white wine
- 1 13 oz container of Alfredo Sauce (Wegmans has a great one in the dairy case)
- 2 tablespoons of Parmigiano-Reggiano Cheese

Preheat oven to 450 degrees. Toss squash and onions with olive oil. Season to taste with salt and pepper. Spread in a single layer on a baking sheet and roast about 20 mins until caramelized and tender. Blanch escarole 2-3 mins in a large pot of boiling water. Drain and set aside Add Pancetta to skillet on medium cook until crisp and brown. Add garlic and cook 1-2 mins until tender. Add wine to skillet; cook stirring to loosen browned bits from bottom of pan. Simmer about 4 mins until liquids are reduced by half. Stir in Alfredo sauce. Bring to a simmer and add in escarole or spinach stir to blend. Add pasta and toss to combine Stir in squash and onions. Top with cheese

Swiss Chard Quiche

- 1/2 to 1 cup shredded cheese
- 1 baked pie crust (9 inch)
- 1 cup Swiss chard (torn or cut into bite size pieces)
- 1 onion chopped (or a bunch of scallions)
- 6 eggs
- 1 Cup milk
- ½ teaspoon thyme
- ½ teaspoon salt



Bake pie crust according to instructions

While pie crust is baking sauté the onion and swiss chard in a little olive oil. Spread cheese in bottom of baked pie crust. Top with swiss chard & onion. Beat eggs, milk, thyme & salt in medium bowl until blended. Slowly pour over filling in pie shell. (it will fill to top – you may want to use a cookie sheet under the pie to transfer it to the oven)

Bake at 375 about 30-40 minutes. Knife inserted in center should come out clean. Let stand 5 minutes



Vegetables

Char Baked Tomato Zucchini and Eggplant

- 1/3 C Olive Oil
- 1 med onion, peeled and chopped
- 5 tomatoes – thinly sliced
- eggplant, peeled and thinly sliced
- 2 cloves garlic - thinly sliced
- ½ teaspoon thyme
- zucchinis - thinly sliced
- Salt and pepper to taste



Preheat oven to 400F. Pour some of olive oil to cover the bottom of a 9x13 dish. Layer in half of the onion slices and 1/3 of the tomato slices. Generously sprinkle with salt and pepper. Add a layer of eggplant and sprinkle on more salt. Add another third of tomatoes, zucchini, garlic, thyme, and remaining onions. Top with the remaining tomatoes. Press down on mixture with your hands. Pour over the remaining olive oil. Season generously with salt and pepper. It will be piled high but it collapses as it cooks. Bake uncovered for 1.5 hours. After 45 mins, press the mixture down firmly with a spatula. The vegetables will be reduced in height, and should be black and caramelized, almost charred in places. Return to oven to finish roasting. Let cool for at least 10 minutes, cut into squares and serve.

Quinoa and Kale Salad

- ½ C mayonnaise or salad dressing
- ¼ C chopped shallots or onions
- ¼ C chopped dill or parsley
- 2 T balsamic vinegar
- 1 T Dijon/brown mustard
- 3 C cooked quinoa or rice or barley
- 3 C chopped kale leaves



Wash kale, cut out stems, and allow leaves to dry. Chop kale into bite size pieces or strips.

Combine mayo/salad dressing with shallots/onions, dill/parsley, vinegar and mustard in a large bowl Add quinoa/rice/barley and kale and toss to coat

Serve chilled or at room temperature

Apple, Carrot and Kohlrabi Slaw

- 1 Apple
- 1 Carrot
- 1 Kohlrabi
- 1 Small Onion
- 1 Celery Stalk
- 3 T chopped Parsley
- ¼ c oil (olive oil or canola if available)
- 1 T Lime or Lemon Juice
- 3 T Apple Cider Vinegar or Pickle Juice
- 1 T Mustard
- Salt and Pepper to taste



Cut and core apple, chop into bite size pieces, Toss pieces with lime or lemon juice to prevent browning. Grate carrot and kohlrabi (remove outer layer and put into pieces that you can easily grate) finely chop celery and onion

In a medium mixing bowl, mix mustard with the vinegar and whisk in oil, season with salt and pepper Combine all ingredients in bowl and toss to mix.

Taste and adjust seasonings to your liking.

Veggie Stuffed Pita

You can add other veggies – onions, eggplant, cauliflower, etc. – to your tasting preferences

- 2 medium summer squash – sliced thin, seeds removed
- 4 carrots – peeled and grated/shredded, or cut into thin slices
- 2 Cups broccoli flowerets
- ½ -3/4 cup shredded cheese of your choice
- Seasoning to your taste – pepper, garlic powder, onion powder, oregano Oil for sautéing veggies (to lightly coat pan)
- Pitas

Heat oil in skillet, add the spices and cut up veggies Sauté for approximately 5 minutes, until they're tender



GARLIC is used to season food for all cooking. Sauté it in oil or butter, whole, sliced or chopped. Peel the individual cloves by crushing them slightly with the side of a large knife, the peels will come off easily. Store unused cloves in dark, cool spot where it's exposed to air, discard if it becomes soft. You can also bake the whole clove, in tightly wrapped foil, until soft, and use on pizza, bread, etc



Beans Wash beans and cut off ends. Boil a pot of water that will fit the beans. Once the water is boiling, add the beans (carefully). Allow to boil on Medium for 5 minutes. Drain water and add 1 tablespoon butter for every 2 cups of beans. Add salt, pepper, and your favorite seasoning (garlic powder, onion powder, paprika, cumin, or red pepper). Mix and cook for another 3-5 minutes until beans soften. Serve immediately.

Snacking Beans: Wash beans and cut off ends. Mix sour cream and Goya Sazon or a mix of garlic powder, onion powder, and red pepper or boxed onion soup mix. Dip raw beans in mix and enjoy.



Sautéed Kale: Wash kale, cut out stems and allow leaves to dry. Heat a small amount of oil or bacon grease in a large skillet. Place kale in pan; mix it to coat it with the grease/oil. Put a lid or some foil over the pan for about 2-3 minutes and reduce heat to low. Remove cover and toss kale again. You can also brown 2-3 chopped cloves of garlic and/or a half of a chopped small onion in the pan before you add the kale. Serve as a vegetable side dish.

Leeks are related to garlic, onions and scallions. They are mild and sweet. The smaller the leek the more tender. Store wrapped loosely in plastic in the refrigerator; will keep for weeks. Wash them well – make a vertical cut up the middle and soak the leeks to get any sand out from the layers. Sauté them in butter or oil, or roast in oven until tender, coated with oil. Season it with spritz of lemon.



Shallots are mild and related to garlic and onions. Think of them as between garlic and an onion, and use to flavor your foods. Break the cloves apart, remove dry skin, and chop like an onion. Sauté them in oil or butter or roast them in the oven. Store same as garlic and onions, in dry, dark cool spot with good air circulation



ZUCCHINI, also known as SUMMER SQUASH (shown here are yellow squash and green zucchini squash) is a vegetable that can be sliced or diced and sautéed with garlic, shallots, onions, etc. Sauté the squash until it is soft and tender, for about 5 minutes. It can also be grated to add to muffins and breads.



Desserts

Fruit Cobbler

- 2 cups of fruit (peeled, cut into bite size pieces) – can use apples, cherries, blueberries, peaches, rhubarb, etc.
- ¾ stick butter
- ½ C Sugar
- ¾ C milk
- ¾ C Flour
- 1 t baking powder
- Dash of salt
- Cinnamon or nutmeg if use apples or peaches



Melt butter in pan (a glass or ceramic casserole dish works well) Combine all ingredients - except the fruit – and stir into a batter. Pour the batter into the middle of the pan with the butter. Pour the fruit in the middle of the pan with batter. DO NOT STIR. Bake for 1 hour at 350

Pumpkin Welsh Cookies

- 3 1/2 cups flour
- 2 teaspoon pumpkin pie spice
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1 1/2 teaspoon baking powder
- 3/4 cup butter
- 1 1/2 teaspoon salt
- 1 egg
- 1/2 teaspoon baking soda
- 1 cup pumpkin puree
- 1/4 cup milk



Mix dry ingredients, cut in butter with pastry knife. Beat egg mix with pumpkin and milk and fold into flour and butter mixture. Knead together until dough forms. Roll 1/4" thick and using a round 2" cookie cutter cut all dough in circles. On a non-stick skillet cook cookies on each side until brown and cookies have puffed up slightly.

Mock Coconut Pie

- 1 cup sugar
- 3 eggs
- 1/4 cup butter melted (optional)
- 1 Tablespoon coconut extract
- 1 Tablespoon lemon juice
- 3 cups cooked shredded and chopped spaghetti squash.
- 1 9" pie shell
- Whipped cream



Preheat oven to 350.

Beat eggs fold in remaining ingredients (except whipped cream). Pour into pie shell bake 40 minutes or until set. Cool and then top with whipped cream.

Casa Bianca Mock Coconut Oatmeal Bars

Filling:

- 1 cup sugar
- 3 eggs beaten
- 1/8 cup flour
- 1 tablespoon coconut extract
- 1 tablespoon lemon juice
- 3 cups cooked shredded and chopped spaghetti squash

Crust:

- 1/2 cup packed brown sugar
- 3/4 cup flour
- 1 cup old fashioned oats
- 1/2 teaspoon salt
- 1/3 cup melted butter



Preheat oven to 350 Prepare filling: Combine sugar, eggs, flour and coconut extract and lemon juice. Fold in prepared spaghetti squash. Prepare crust: Combine sugar, flour, oats, and salt. Add in melted butter stir until mixture is crumbly. Press half of mixture into greased 8"square baking dish. Spread filling over oat mixture. Sprinkle with remaining oat mixture Bake at 350 for 25-30 minutes or until golden brown .Cool, cut into squares. Note: You can also make into a 13x9 by doubling all ingredients.

Fresh Pumpkin Pie

- pie crust
- eggs – beaten
- 2 cups fresh pumpkin puree (see below * for information)
- 1/4 cup half-n-half, light cream, or milk
- 3/4 cup sugar
- 1 Tablespoon flour
- 1 teaspoon vanilla
- 1/4 t salt
- 1 teaspoon pumpkin pie spice



Preheat oven to 375 degrees

*Prepare pumpkin puree by cutting pumpkin in half, removing membrane and seeds. Place on a shallow pan with a bit of water and bake in the oven at 375 until tender. Allow to cool and scoop out flesh. You can use it for the recipe or freeze for later use.

Mix eggs, pumpkin, and your choice of milk product. Stir in remaining ingredients. Pour into prepared pie crust. Cover the edge of the crust with foil. Bake at 375 for 25 minutes, remove foil and continue to bake for 40 minutes more until knife inserted in center comes out clean

Misc.

Eggplant Relish (Caponata)

- 2 medium eggplants
- 1 T salt
- 3 T oil (olive or vegetable)
- 1 C celery chopped into small pieces
- ¾ C peeled, chopped onion
- 1/3C vinegar (red wine if available)
- 4t sugar
- 3C tomatoes – mashed
- 2T tomato paste



Cut eggplant into 1 inch cubes and toss with salt. Put in colander to drain.

In fry pan on medium heat, heat some oil and sauté the celery and onions for about 15 minutes, then remove and set aside

Note – use large enough fry pan to accommodate all the ingredients. In the same pan, sauté the drained eggplant in some oil for about 10 minutes. Place all sautéed veggies into a pot, add sugar, tomatoes, vinegar and tomato paste and let simmer for 15-20 minutes

Add salt/pepper to taste and serve cold with bread or warm over pasta.

Vinaigrette Dressing: two parts oil (olive oil is best but any vegetable oil will work), one part any vinegar you like, or citrus juice, such as lemon, lime, etc. Flavor with salt, pepper and other spices you like. Garlic goes well, or a bit of mustard stirred in. Wisk the vinaigrette with a fork and pour over the kale salad, toss





Vegetable Cooking Time in Minutes

Vegetable	Boiled	Steam	Grilled	Baked/Roasted
Asparagus	-	8-10	6-10 Trim off Tough End	8-10 at 400 degrees
Beets	-	-	-	35-45 at 350 degrees Peel, cut into ¼ or bite size pieces
Brussel Sprouts	5-7	8-10	-	20 at 400 degrees
Broccoli Florets	4-6	5-7	5-6	15-18 at 425 degrees
Cabbage (shredded)	5-10	5-8	-	Cut into wedge. 30 at 400 degrees
Carrots (sliced)	5-10	4-5	-	Baby carrots 25 at 400 degrees
Cauliflower Florets	5-10	5-10	-	25-30 at 400 degrees
Eggplant (sliced)	-	5-6	8-10 slice ¾ inch thick	25-30 at 425 degrees
Peppers	-	-	10-12 Cut in ½ or ¼- remove seeds	-
Potatoes	20-25 cut into small pieces, drain when soft. Mash w/ milk, butter and salt to taste	-	15-20 Slice ½ inch thick	35-45 at 350 degrees Cut into bite sized pieces
String Beans	6-8	5-8	5-9 Wrap in aluminum foil and grill till soft	12-15 at 425 degrees
Spinach	2-5	5-6	-	3-6 at 450 degrees
Squash/Zucchini (sliced)	3-5	4-6	8-10 Halve lengthwise or cut into 1 inch slices and skewer	12-15 at 450 degrees
Tomatoes	-	-	3-5 Skewer quarters of larger tomatoes and cherry tomatoes	35-40 at 350 degrees Cut larger tomatoes into quarters. Halve cherry tomatoes



Saving Money at the Grocery Store

There are two key points on stretching your food dollar: spend less and avoid waste. Although I'm sure you may already be doing some of these tips, maybe there's one or two ideas you can practice or practice more often.

1	<p style="text-align: center;">Keep a grocery list</p> 	<ul style="list-style-type: none"> ■ Making a list avoids extra trips to the store, which saves on gas ■ Research shows the fewer times you enter the store, the more you save especially on impulse buys ■ Stay organized and check your pantry and fridge before leaving so you won't forget to refill anything. ■ Buy staple items such as rice, pastas that are versatile and easy to make
2	<p style="text-align: center;">Garbage Check</p> 	<ul style="list-style-type: none"> ■ Buy fresh veggies and fruits when you need them, since these foods go bad quickly. Tossing these foods can be costly. ■ Prepare what you need and store the rest of an item away in the freezer, fridge or in airtight containers ■ Do not eat moldy or old food in attempt to save money
3	<p style="text-align: center;">Avoid shopping when hungry</p> 	<ul style="list-style-type: none"> ■ Impulse buys increase when you are hungry; make sure you plan your shopping trips after you've already eaten if possible. ■ Avoid shopping at peak hours that will keep you in the store for longer than normal ■ Make sure anyone accompanying you isn't hungry either!
4	<p style="text-align: center;">Pack your lunch</p> 	<ul style="list-style-type: none"> ■ Packing at least once a week will save money and often calories, as a typical fast food meal will cost you \$5 more and a whole slew of calories. ■ Use leftovers from previous meals or a quick sandwich and a piece of fruit ■ Eating packed lunch is believed to save around \$12.50 a week. This can go for kids in school too depending on the lunch program in their schools
5	<p style="text-align: center;">Coupon common sense</p> 	<ul style="list-style-type: none"> ■ Use coupons for products you need and use normally ■ Check your receipts, mail flyers and publications for coupons and sale offers ■ Check out online coupon sharing sites and manufacturer companies. Some coupons may be doubled ■ Sign up for store loyalty programs
6	<p style="text-align: center;">Costly convenience foods</p> 	<ul style="list-style-type: none"> ■ Instead of buying pre-packaged food opt for making your own. It will stretch further and last longer, plus you can customize it to your liking! ■ Save time by preparing serving sizes food in advance and storing it away to be made later in the week

7	<p>Store brand savings</p> 	<ul style="list-style-type: none"> ■ In most cases, store brand items are comparable to brand names in quality ■ Use some bruised or “less than appealing” fruits and vegetables for any meal where the veggie will be cut-up or mashed! These fruits/veggies may have discounts because of their appearance ■ Check the top-most and bottom most shelves
8	<p>Bulking Up</p> 	<ul style="list-style-type: none"> ■ Do this when items are on sale and when you may need a lot of one item ■ Best when buying foods with long shelf lives ■ Make sure you are going to be able to use the whole product to minimize waste.
9	<p>Think before you drink</p> 	<ul style="list-style-type: none"> ■ Limit your soft drink and coffee intake, especially purchased at a convenience store ■ Bring a re-useable bottle to work/school. It saves money and helps the environment ■ If you are drinking coffee, make some at home before you leave, saves you money from buying fast food coffee
10	<p>Final checkout temptation</p> 	<ul style="list-style-type: none"> ■ Go over your list and everything in your cart to make sure it matches and there are no unnecessary buys ■ Stay away from the displays near the check-out station full of expensive snacks, magazines and candies ■ Use self-checkout if possible to avoid the lines and save time

The grand total saved, if you used each of the preceding examples in one shopping trip a week, you could save as much as \$36 a week.

Multiply that by 52 weeks and the savings would be \$1872 a year.

Just think of what you could do with \$1872?

Source: Henneman, A. Supermarket Savings: 16 Tips that Total Big Bucks, University of Nebraska, Lincoln Extension – Lancaster County.